

APPLE & BUTTERNUT SQUASH RISOTTO

From Cheryl Rogers



INGREDIENTS

1/2		butternut squash, peeled, seeded and cut into ½-inch dice <i>(about 2 cups; I peel, seed and dice the remaining butternut squash half; place it in a freezer-proof zip lock bag and freeze for later use)</i>
1	small	Granny Smith apple, peeled and diced
1	Tbsp	olive oil
1	tsp	kosher salt or sea salt
1/2	tsp	ground black pepper
2-1/2	cups	vegetable broth
2-1/2	cups	water
1	Tbsp	olive oil
1	medium	onion, diced
1	cup	Arborio rice
1/2	cup	dry white wine
1	tsp	kosher salt or sea salt
1/2	tsp	ground black pepper
2		sage leaves, finely chopped <i>(or season to taste preference with dried sage)</i>
3/4	cup	Daiya Mozzarella cheese <i>(Daiya is sold in refrigerator area at health food stores; comes in shredded form)</i>

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INSTRUCTIONS

1. Heat oven to 400 F. Place the squash and apples on a baking sheet and toss with 1 Tbsp olive oil, 1 tsp salt and 1/2 tsp pepper. Roast until very tender, tossing once 25 to 30 min.
2. Meanwhile, heat broth with 2-1/2 cups water in a small covered saucepan and leave it on low heat. *(This prevents the onion-rice mixture from cooling down every time the broth and water are periodically added)*
3. In a medium saucepan add 1 Tbsp olive oil, and sauté onions on medium-low heat until the onions are translucent, but not browned, about 3 min.
4. Add rice and stir to coat the grains with oil. Add wine and cook until evaporated, 2 min. Add 1-1/2 cups broth to the rice plus 1 tsp salt, 1/2 tsp pepper and the sage. Continue stirring until the broth is absorbed, about 5 min.
5. Continue to add broth, 1/2 cup at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, and then add more. Continue until the rice is cooked through, but still al dente, about 15 min. total.
6. Remove from heat and add sage, squash and apples. Stir in Daiya mozzarella cheese.

Work: 30 min; Total: 55 min; SERVES 6